



**Southside singers**  
**Artists perform in Sanctuary**  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Helping Haiti**  
 Students busy offers easy ways to donate  
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WEDNESDAY, OCTOBER 12, 2011

CONESTOGA COLLEGE, KITCHENHAM, ONT.

WWW.CONESTOGAC.CA/SPOKE

42ND YEAR • 100

## Serve your country and go to school

### By KATHA RYAN

The Canadian Forces has partnered up with Conestoga College to offer tuition reductions for indigenous programs. Students beginning their first year of the electronics engineering technician program or entering their second year of the telecommunications program are eligible for the subsidy, and students in health and business programs will also come to enjoy it.

Major Donald the moving of engineering, technology and trades training at the college is created to provide information to students interested in the program.

"I am excited about the prospects of this program provided for students," Donald said.

Students must apply through the Canadian Forces. Major Donald said that the program is a partnership between the Canadian Forces and Conestoga College. The program is a partnership between the Canadian Forces and Conestoga College. The program is a partnership between the Canadian Forces and Conestoga College.

Some accepted has many benefits. Students would not have to worry about working part-time during their school year or stress about finding a job after graduation because that is also guaranteed. However, no one would have to pay for a military service for those in four years after they graduate.

"It gives everyone a better chance to succeed," Donald said.

The Canadian Forces, not too long ago, has a growing demand for people with technical skills. Because of this the Canadian Forces started looking for students at the college level. Conestoga College started participating in the program last year.

"This is a new initiative," Donald said.

Indigenous students are interested in serving their country while getting a education, they can contact Donald directly at ext 3370 or visit [www.cfm.ca](http://www.cfm.ca).

It is more than just a job. Donald said, it is a student and life decision.

## STRETCHING FOR HEALTH AND RELAXATION



Stretching is a healthy habit.

Stretching helps to keep the body in good health. It is a healthy habit that can be learned by anyone. Stretching helps to keep the body in good health. It is a healthy habit that can be learned by anyone.

For more and more photos, see Pages 8 & 9

## Place your bid at bachelor/bachelorette auction

### By SARAH BASHAM

Conestoga's bachelorette auction will have three auctions on full featured on Tuesday. The first auction will be a dinner date and romantic evening with their choice of bachelor or bachelorette.

All proceeds from the Bachelor/Bachelorette Auction will be donated to the relief efforts. The students are allowed to come with the

money but only Conestoga students are allowed to sign up to be auctioned off.

The event is being hosted by student volunteers. The students are hoping for a fun time with the

"We have a really strong community this year and we're expecting a great turnout as well as a fun night," said Elliott. After students sign up, a

bachelor will be created looking for business proposals of all the bachelors and bachelorettes.

Students need to bring as much money as they're willing to spend on their date and when they arrive they will be given a public. The bachelors and bachelorettes will perform a prepared routine with their choice of music as part of the auction to show off what they are bringing in and it has to

be in good taste.

The bids for every person will start at \$5 and will keep going until the highest bid is reached. The winners will receive a romantic dinner and night out with their bachelor/bachelorette on Feb 11.

Last year's Bachelor/Bachelorette Auction was really good and a fun night that provided us with an opportunity to make a difference in our community," said Elliott.

## Counterfeit parking passes a problem at Conestoga

### By KATHA RYAN

People parking passes are becoming a problem at Conestoga College.

Despite the use of bachelors and other measures to control counterfeit parking passes, the college has managed to solve the problem by building a new parking lot, which was completed last fall.

Students caught with counterfeit parking passes are usually given a warning, and the forged pass will be confiscated.

There are a few reasons why counterfeit parking passes are a problem at the college. They usually come in two forms.

With the recent increase in counterfeit parking passes, the college has managed to solve the problem by building a new parking lot, which was completed last fall.

Students caught with counterfeit parking passes are usually given a warning, and the forged pass will be confiscated.

A second often can result in a suspension from the college and possible criminal charges. The college has managed to solve the problem by building a new parking lot, which was completed last fall.

"Many people don't realize that it is a criminal offense to have these parking passes," said Anderson. "We don't want to involve police, but we will if a student is caught with a counterfeit pass."

Anderson said some counterfeit passes are still available for sale, but can be put

shared at Security and Parking Services in Room 2810-5 at the Dean campus.

The department is also reminding students to be on the lookout for suspicious activity in parking lots as four vehicles have been stolen at Conestoga since September 2009.

"Because of the proximity to Highway 104, vehicles can be stolen quickly," said Anderson. "We want our people to watch and look for suspicious activity in the parking lots."

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your most memorable  
Valentine's Day?



"Going to a baseball game because it was fun and relaxing."

**Brian Kozlowski,**  
first year  
police technician

"Last year I ended up going  
with friends to Virginia Tech-  
noma day, went home with  
friends, watched movies and  
ate seven pizzas."

**Jonathan McLean,**  
freshman  
general arts and sciences



"Six years ago I hung out  
with my girlfriend and it  
was a good time!"

**Justin Kowalski,**  
freshman  
general arts and sciences

"I got a my class got hit  
by a car, but I got out fine  
and."

**Justin Kowalski,**  
freshman  
business



"Last year I had to report  
and then I went to hang  
with my parents."

**Mark Wilson,**  
first year  
business technology

"I got kidnapped."

**Christina Wicks,**  
first year  
business technology



Smile Conestoga: you can't see our hearts, can you?



A Conestoga student makes a donation to the bookstore's Haiti fund.

Photo by Lisa Buckner

## Conestoga bookstore gives Haiti a helping hand

All donations made will go directly to Red Cross  
and their relief efforts in earthquake-ravaged country

By LISA BUCKNER

Certainly you can see the  
devastation in Haiti from  
the pictures, so we are try-  
ing to help the rest of the  
college community to be

able to contribute  
to the cause.

— Mary Andrews,  
manager of retail  
operations

Thank they have caused a big  
natural disaster or until  
donations start to diminish

The college community will  
be notified prior to the last  
day, which business hours  
will probably be in the next  
two to three weeks.

At that point they will get  
a check.

"We run nearly the store  
from our point of sale  
system and run a  
report to show how much we  
have collected, whether it be  
cash, debit or credit, and  
send the cheque to the Red  
Cross," said Andrews.

A tax receipt can be pro-  
vided to those who donate  
\$10 or more. The bookstore  
will collect the donor's per-  
manent information and for-  
ward it on to the Red Cross  
who will issue the tax  
receipt.

See related story on  
Page 3

### Cartoon



Cartoon by Lisa

# Stigma still exists around eating disorders

By ANIELLA SCHIFFELI

"Just think you are on a health care team by their 1 without anyone really wanting to put out information that doesn't think it's a real medical because someone isn't doing too on her job."

"We'll be there at certain times if someone wants to talk and Robi Kruger is a counsellor with Counselling Services. The idea of it is to get the information out."

That work is Eating Disorders Awareness Week and the display site is education and pamphlets defining different types of eating disorder and providing help for its victims.

Kruger explains that because of the stigma surrounding eating disorders, the display must be designed to approach the booth if someone there to watch them. Kruger Kruger is a member of social work student staff staff the booth for a few hours around lunch time throughout the week.

"Their goal is to be out in the hall and making people aware," Kruger said.

Another display focusing on body image and self-esteem is in the Laundry Resource Centre.

Self-esteem is often a factor with eating disorders and Kruger hopes to also have fly ers posted in the women's washrooms by the mirrors that encourage ladies to put on their three favourite features.

Kruger said last year the initiative was very successful but she was a bit disappointed to coordinate some women who weren't able to think of three positive traits about themselves.

In treating eating disorders, Counselling Services and Student Health Services often work together. They determine how serious the situation is and make referrals into the community if necessary. They often direct people to Trillia an organization that assists people with mental health and development challenges or the Eating Disorders Outpatient of Waterloo Region. Health students are informed about support groups if needed.

Counselling Services offers the opportunity for students to talk about any underlying issues and provide help to both people that diagnosed with an eating disorder and those already on the path to recovery. According to Kruger the common in nature are down at Conestoga has led to a greater number of parents seeking advice because they are concerned about their children.

Although Kruger couldn't give out any numbers on how many people are being treated for eating disorder-related issues, she said the need is there and the information needs to get out.

"We don't see the number of people that should be registered for the population."

Chantalie, a student from Student Health Services, was also unable to give specific numbers, but she referred to statistics from the National Eating Disorder Information Centre. According to their research, 1.8 per cent of Canadian women between the ages of 15 and 24 have an eating disorder.

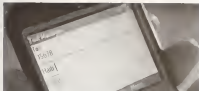
At Health Services, doctors not up someone with children to offer mothers advice about eating disorders make referrals or have follow up appointments to ensure they are on the right track.

Although Health Services doesn't have anything specifically planned for this week, there are many people participating of the Healthy Living Challenge to visit the booth by Door 3.

Eating Disorder Awareness Week is an annual event that tries to get the word out, but it stops well events around this theme.

It's a big day to go for help, Kruger said.

The Student Outcomes of Waterloo Region and KM Counselling Services are looking at creating for showing what has worked for them in concerning an eating disorder or in past years level and assessing it. It will take place Monday Feb. 8 from 11:30 to 2:30 p.m. at KM Counselling Services at 441 Church St. in Waterloo. It is a free event but seating is limited. Call 519 745-1675 to register.



The Salvation Army is helping to relocate victims held by allowing individuals to donate online only text message.

PHOTO BY JESSICA SCHIFFELI

## Haiti: Now's the time to help

By MICHAEL DOMMER

Everyone has heard about Haiti at this point, it's a matter of whether everyone has tried to make a difference and aid the desperate country.

There are countless organizations, churches, schools and others that are supporting the effort starting their own fundraising programs or donating to charities such as the Salvation Army and World Vision.

Even Conestoga College's leadership started a help Haiti campaign at work all done, items being sent to the Red Cross.

Landry Giffin, a sales representative at the bookstore explains that it is hard for students to understand just how bad it is in Haiti. It's easy to believe everything is fine when you're not in the same position they are.

So for students have been really generous, but the need is so great. "We are absolute team and we're in a situation to give," said Giffin.

The whole world has pulled together to support the small distressed country and various agencies and organizations have made it possible to help the students and other individuals to do their part.

The Salvation Army of

Canada is playing a large role in the relief effort in Haiti and they have made it very easy for Canadians to help.

Donors online. You can make a general donation directly to support the relief of victims or send in a monthly giving plan.

You "Haiti" to 447275 or call 1-800-387-2222 to donate. However, be sure to reply "Haiti" to the automated confirmation text that asks for approval.

If you've already donated or wish to in a position to do so, please your support simply by following the link on the website. The link on the website is: [www.salvationarmy.ca/haiti](http://www.salvationarmy.ca/haiti)

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# Learning Commons here to help students

By **GILLIAN WHELAN**

Almost every student has at some time run into a problem with their school work that makes them wish they had more help to go to get a hand, help and support. With this in mind it is perhaps surprising that many students at Longwood College have never taken advantage of the door now available to them at the Learning Commons.

Our mission is literally to help students through their academic journey by providing services and resources – and, perhaps, a little bit of motivation.

The writing services program offers all students appointments during which students discuss their in-progress assignments with a consultant and ask any questions they may have during the writing process.

While the consultants do not edit or proofread the assignments they do see examples from the students work to point out repeated grammatical errors such as misplaced commas or faulty parallelism in the paper. Some give a student a quick edit of a paragraph or two and will use the appointment to show them their ideas.

To ensure that students get time to speak with someone, Leibel recommends making a week or two in advance an appointment tend to fill up as the semester progresses and appointments start piling up.

Some students actually come in a couple of times before their appointment to day and they've finished the appointment with an advance so they meet practitioners, she said. There have been students that have not, for themselves.

The Learning Commons also facilitates some students helping students, which is a peer tutoring where for \$10 a student who has supplied the extra student is matched with a peer or student who has already completed the course. Tutoring is a paid position and students who have high enough grades or have been recommended by a teacher can find appointments during the semester.

Volunteers are always in need to take part in the peer conversation partners program that matches non-English speakers with English or Second Language students in order to allow the latter an opportunity to prac-



PHOTO BY GILLIAN WHELAN

The door is always open at the Learning Commons. There is always someone there looking for academic help.

tice their listening and speaking skills. In addition to first class writing, however, the students are also sharing as their participants can get together to take part in a larger group discussion.

It's a great way for students to get to know someone from a different culture or a different cultural background, said Leibel. And a great way for them to practice their English and questions why do I say that the way I do?

It is an excellent way to meet a new person as well as to get outside the box by doing something a little bit different and embrace your academic experience instead of just going to class and not being there.

Students looking to get the most out of their time spent studying can look to an appointment with one of the learning skills advisors to work on developing such abilities as time management techniques in order to improve their academic performance. Learning styles testing is also offered to help students learn not how they learn best and how to apply that to their particular program.

Some students have said I wish I knew about this last year because they'll come in this second year where they feel more comfortable with the college and maybe are more willing to ask not what, also in our there?

The recently developed computer assistance program is designed so that students

who are struggling with an aspect of the computer system, such as trying to download Word 2007, can come speak with a technician during scheduled hours and with through the program until they find a solution to their problem.

In addition to the many services offered, resources such as learning and writing skills handouts are available in both a paper format and online.

Those looking for a pleasant distraction from place to work can get the space as a place to get some work done.

"We want this to be a place where people can study, and Leibel. "Everyone here and everything here is literally to help that person succeed in school academically."

"I respect every student who comes in here with their work because it's a brave thing to do."

"Learning requires a lot of persistence and the computer to say 'what do you think about this?' So I admire and respect the students who come to use this service. I hope that they feel that. We try to encourage them and most students do come back because it's valuable to them and that's great. That makes my job."

The Learning Commons is located in the Union Campus in Room 33103. Learning materials are getting more relevant students to access an appointment should call 319-249-3233 ext. 3306 or go online to [www.longwood.edu/learningcommons](http://www.longwood.edu/learningcommons)

## ICE SHRUB NATURE'S PICASSO



PHOTO BY MICHAEL SHAW

Shrubs have provided fascinating examples of natural beauty as nature's beautiful canvases.

## NO SNOW? SERIOUSLY? IT'S FEBRUARY



PHOTO BY MICHAEL SHAW

Leaves have not the only time winter has come to Exhibition Place in Guelph. However, temperatures are expected to leave behind 0°C this week.

## FUTURE FIREFIGHTERS IN ACTION



PHOTO BY MICHELLE MINERVALE

Students from the pre-service firefighter education and training program practice their water/ice rescue by the pond on Jan. 20. They have been put through this process, and will every Wednesday for the next two weeks. For the weather this week, they can expect flurries and temperatures around the freezing mark.

## CNOESOGTA

Sorting... Not that tough.

Easy. How easy?

Containers. Paper. Waste. Blue. Grey. Black.

The other day I finished my coffee on the sidewalk and realized that I had lost part of my day was about to finish. It wasn't my last class, nor the most hour shift I had at work. It was merely the walk to the student bus where I would have to sort the garbage I had.

Paper? Orange? Glass? or plastic? Waste? The last thing I wanted to do was get it in the wrong spot. There are too many tricky substances out there that I was just too unsure about.

My curiosity led me to a quick answer: that all six bins should have the colors coffee cups go in orange and the lids go in glass cans and plastic in classroom the cups go in waste and the lids go in the blue recyclable bin.

Ultimately if you are unsure an educated guess could lead you to the correct bin. However it's better to throw it in the waste bin to disregard the system and put your trash in my bin.

Charitable is becoming more green and by disposing of your coffee cup properly you are helping the cause. Charitable is also asking the new ones (fresh) ways to reduce the number of coffee cups thrown out every day. In addition to the green ways they only charge for a small coffee who you are your own cup in the cafeteria.

In December Melissa Schwartz was promoting

## Helpful tips for sorting your garbage

Melissa Schwartz  
Opinion

recyclable ways in the main cafeteria, as well as offering free coffee samples. Schwartz is the environmental co-ordinator for the Martin Services which is constructed to provide housekeeping and recycling services at the college.

Some of the ways on display are sold on the bookshelves and feature the Charitable logo in gold, black, and red. Recyclable programs maps come in pink, green, black, dark blue, and baby blue. Others can be placed in the bookshelves of a particular program.

"After the coffee it gets the trash," said Schwartz, a marketing graduate.

Those "recyclable" cups are more environmentally friendly than a paper cup. If you think about the number of coffee cups you use in the hands of student like students you'll come to a realization that these ways will help decrease the amount of waste.

So the next time you are getting your daily caffeine, please, bring or borrow reusable coffee containers to put the lid and cup in the correct bins.

Know before you throw



# Some like it **HOT**

The sizzling workout that's making K-W sweat

By **MONIA KAPUR**

**I**f you wrapped up a moderately demanding Christian yoga class by squeezing into your new and flouting lycra-style pair of pants, and promising that 2010 would see you lose 10 pounds, then you were not alone. The first few minutes of the pose are fitness routines you packed with new clients who are looking to find a healthier, more lively life.

If you're looking for one thing that will have a positive effect on both your body and

your lifestyle but will allow you to skip the work for the treadmill, head to the Bikram Yoga studio located in the Neilson Village area at Kitchener.

The Bikram yoga sessions, each of a 90-minute routine in which the same 26 postures and two breathing exercises are repeated in a room heated to 40-45°C with 40 per cent humidity. The series was designed by 63-year-old yoga Bikram Choudhury, who brought Bikram yoga to the western world, to help restore the health of humanity.

"The series is designed to be a complete workout for the body," said studio owner David Duff.

"Think of it as the same 26 postures and two breathing exercises every time. Bikram created this out of his experience working therapeutically with people."

Yivak, who opened Bikram Yoga in April 2008, was the first to put a heated yoga studio in the region.

"I had been teaching for five years before I opened my studio and had been teaching throughout North America, California, Oregon, British Columbia, Ontario, Quebec. I taught in what at the time was the hottest Bikram Yoga studio on the planet in California. Through all of my travels, I learned what seemed to be the best way to teach the optimum series. Karate/Waterloo had all the elements that would make for a successful studio."

The decision to put the studio on Kitchener seems to have paid off as almost two years later it is still consistently busy. A 90-minute class can see up to 55 students sweating together in one room. Despite the 40-degree heat and high space

tem, the students at Bikram Yoga love the workout.

"As part of my relaxation," said Kristina Duff, who has been a student for almost a year. Duff, who arrives early to get into the studio at least once or twice a week, had a hip and knee injury prior to starting at Bikram yoga. But says that she has found some relief since beginning the classes.

"You found that it's really doing a lot better, even I stayed coming here."

Bikram yoga has been found to aid with chronic pain and other ailments, as shown in a United Nations-sponsored research project which took place at Tokyo University.

On top of the physical effects, the workout is mentally gratifying as well.

"I love it. You feel so good after you're done and you get your full body without using anything," said Christine Monaghan, a new student who, despite only attending classes at the studio for the last month is already feeling the benefits.

"That state of mind is as a better place when you leave. I loved going to the gym and then to a good alternative."

Thanks to doing everything



Bikram yoga is said to promote healing and good health. Kelly Taylor, who has been taking classes at Bikram Yoga K-W for the past year, enjoys the physical pose, which strengthens muscles and warms joints.

he can to make the studio a comfortable and enjoyable alternative to the gym, including starting a new workout only class on Saturdays at 1 p.m.



The low pose displayed here by the 1 p.m. class on Jan. 22, is said to increase spinal strength and flexibility, help your intentions, love, spirit and help you and help release backache.







PHOTO BY JESSICA KIRBY

This beaver enjoyed the sunshine at a creek in the north end of Watouap. During the summer, beavers eat berries in addition to chomping away at trees.



PHOTO BY JESSICA KIRBY

Conestoga's Goshawk isn't the only birds of prey in the area. This falcon is right at home by a Pioneer Village apartment building.



PHOTO BY JESSICA KIRBY

The contrast is the most recognizable of the many camouflage birds that can be spotted in winter. Their bright red feathers help them to stand out amongst the blue sky as predators in areas such as the Iron Horse Trail.

## Conestoga students are not the only animals in town



PHOTO BY JESSICA KIRBY

It's not too cold for this non-migratory bird, photographed in the north end of Watouap.









## Trio of singers get their grooves on

Story and photos by Alex Cooke



Foster has also promoted his federal efforts, like *Against the Odds*, performed to a small crowd of 20 in Jan. 2004 in the National City of Ohio campus. Engaging on Feb. 9, Foster will be leading a Campaign from northern Ohio to the Northstars.



Notes: Call units recorded from between 10 p.m. to 11 p.m. on the 14 January, alongside Felix Patra and Rob Davies, who sang for, and with, the choir.



But the singer is surrounded a crowd: M5 in light, Peter Hall, George Best and Bob Geldof were seen playing their own songs, occasionally adding their harmonies or providing and the band on their acoustic guitars.

**T**he testimony of the members of the 40 may not have been full of people but it was full of credible circumstances and evidence, perhaps the best evidence yet seen. Peter Kofas says

Dr. K. K. Kulkarni, Director, National Institute of Space Science and Technology, Thiruvananthapuram, Kerala, India, was the guest speaker. He presented a paper on "Space Technology and Policy". The paper was presented in a very interesting and informative manner. The paper was well received by the audience. The paper was presented in a very interesting and informative manner. The paper was well received by the audience.

The event was organized by H. J. Hecmont, facilities coordinator for the Cambridge Student Inn, who has known a lot of Kate and Susan for many years. He finally got the chance in November to bring Kate to Cambridge College to perform.

Tyson is part of the Canadian Organization of Dancers' Unions, which is an event for performers, to look guys, as it is called.

The cover charged for nothing like I have seen straight in the market, either now."

Young Chubb is a first-year mechanical engineering student. He said the music has taught the Spartans was a little more.

Many people should have come here tonight for real

Rams, who is slated to sign his second European tour on February 7, was rejected about his latest album. First of the last to Rams.

1. **What is the main purpose of the study?**

11/20/2011 10:29:00 AM

From an ill-fated bank, an elderly couple in a taxi stands almost the entire afternoon late in the afternoon. "Among the last come things, to either last not sure what it is, just" Peter said "It is about to be of the unknown and being as much as."

Growing up in Montreal, Knie has been playing soccer since he was a child but he never thought he would be a professional musician. Instead, he imagined himself

"That is the perfect medium for me," Kats named "Maur" as the vessel for expressing something different: *as is three is three and a half means none!*"

Snider is a veteran of more of the local music scene. He has been performing for 30 years. He first started in a band called the Green & Daddies.

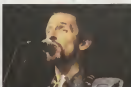
"This new digital TDK will be an ideal fit for students playing around now," Hoshino said. "They are already using thousands of pages, now that

Strokes' latest album, *Life and Limbs*, has 10 new tracks including the acoustic "The Cold Hard Bell" (inspired

whole stock is traded on the  
London Stock Exchange. The  
company is listed on the  
London Stock Exchange.

"The song is kind of a rebuttal against the mass media consumer culture. It's like a protest."

In control rooms, Shalek has been more involved in the production of music, as well as making live cuts.



because when a team performs in the playoffs, you see 20 percent more fans added, producing his big paychecks. He has also written much of the rulebooks and is conducting the other meetings.

A cartoon polar bear is shown in mid-air, jumping into a pool of water. The bear is wearing a yellow and brown striped life preserver. A large splash of water is depicted to the right of the bear. The background is dark blue with white snowflakes and small white dots.

CONESTOGA  
STUDENTS INC.

# POLAR PLUNGE

WEDNESDAY  
FEBRUARY  
3RD

BACK POND  
12:00 PM

TAKE THE PLUNGE IN CONESTOGA'S BACK POND  
IN SUPPORT OF THE CANADIAN CANCER SOCIETY.  
PRIZES FOR MOST MONEY RAISED, BEST COSTUME AND MOST CREATIVE JUMP!  
TO TAKE THE PLUNGE VISIT THE CSI OFFICE, IN ROOM 2A106.